

CORONA VIRUS 2020

EDITORIAL:



Coronaviruses (CoV) is a large family of viruses that cause illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV). Coronavirus disease (COVID-19) is a new strain that was discovered in 2019 and has not been previously identified in humans.

Symptoms : Common signs of infection include respiratory symptoms, fever, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonias syndrome, kidney failure and even death.

Standard Precaution 's : Standard recommendations to prevent infection spread include :

- Regular hand washing
- covering mouth and nose when coughing and sneezing, thoroughly cooking meat and eggs.
- Avoid close contact with anyone showing symptoms of respiratory illness such as coughing and sneezing.

Governments is setting guidelines time to time. These include :

- Public gatherings, excluding household members, have been reduced to a maximum of two people .
- The Government has announced a \$130 billion Job Keeper Payment to keep more Australians in jobs and support businesses affected by the Coronavirus
- People aged over 70; aged over 65 with pre-existing conditions, or Indigenous people aged over 50 with pre-existing conditions should stay home wherever possible for their own protection.

RM CN is also coordinating with public health authorities .RM CN is providing assistance to the clients by sharing important information regarding COVID 19 t . RM CN has a page on Facebook where we regularly update about COVID 19 and the guidelines set by the Australian government .RM CN started working online from home to maintain social distance to avoid the risk of COVID . Organization also arranged a seminar especially with the elderly people to provide them with the accurate and right information so that they can keep themselves safe .

In This Month's Issue:

COVID 19

Karen Community Profile:

RM CN News, Events & Activities:

Melbourne Upcoming Free Events:
(Wyndham City Council)

Volunteers & Services:

Community Outreach Programs & Activities

Seniors Planned Group Activities

Time:

Tuesday 9:30am-2:30pm:

Thursday 9:30am-2:30pm:

Friday 9:30am-2:30pm:

Different places of interest in Melbourne

All the Activities Include:

Pick up and drop off

Three course meals

Healthy snacks and coffee

Note: Bi-Lingual facilitators available in the following languages:

Dinka, Amharic, Somali, Chin, Karen, Karenni, Tigrinya, Dari,

Arabic, Burmese, Hindi, Punjabi and English.

RMCN has on-going planned activities for seniors eight weeks ahead to ensure the elders will have a fun and educational activities to help them to keep active and healthy. These activities are intended for them because social exclusion which they are experiencing and they need to just stay at home for almost a week since their children is in school or work. The organisation encourages the seniors to join and take part and improve their connections to community and access all services they deserve. The seniors from different CALD groups constantly participating and enthusiastically taking part these activities. This Months' activities are as follows :

Documentary watching on Karen/Chinese people

Most people would agree that films can significantly impact individual attitudes and cultural narratives. This activity aimed at one of the most frightening aspects of old age - memory decline. The documentary was portraying their culture. The purpose of this activity was to refresh the elder people memories. This activity not only develop a sense of belongingness in fact, elderly people communicate with each other and shared their experiences as well. Also, some of them get emotional as well. One of seniors shared his experience with student that it was very difficult time for them when they came as refugees in Australia.

Taught elder people fruits and vegetables name

This activity for seniors is mainly for them to keep familiar with some commonly used English words (fruits and vegetables name). Since they cannot speak English so this activity is very useful for them especially when they go for shopping in supermarkets. The seniors participated enthusiastically and one session lasts for 15-

20 minutes. Actually, flashcards and some video clips were used to taught them fruits and vegetables name. When video is showed to them, afterwards they also repeat the same word loudly. They actively participate in this activity. In fact, some of them write some of the words so that they can memorize them.



Testing Knowledge by using play way method

This is another interesting activity which seniors enjoy a lot. This activity is related to the previous mentioned activity. For this session, different types of fruits and vegetables (or pictures of them) slips are put together in a small box. These slips are actually folded so that nobody knows which fruit picture is in the slip. Each person has to pick only one slip. Afterwards, one by one seniors have to unfolded the slips and show them to the others. Any person can tell the name of that particular fruit or vegetable. The person who recognise that picture, gets the reward. Along with the names of fruits and vegetables, they also learn some other commonly used word such as well done, tasty, yucky and many more to name. Thus, this activity not only test their memory in fact, they start feeling very active.



Community Outreach Programs & Activities

Important Updates and Changes



HORN OF AFRICAN COMMUNITIES NETWORK INCORPORATED . - NAME CHANGE

We are pleased to inform that HACN has changed its name . Effective 13 November 2019 the entity formerly known as HACN changed its name to the Refugee and Migrant Communities Network Incorporate (RMCN). The name change is a natural progression for the organization and reflects the social support and community services provided by our members and dedicated staff.

What does this change Mean for you ?

- Despite the entity name change , this notification confirms that any agreements you have with HACN will be automatically assigned over to RMCN on the same terms and conditions .
- All services and goods supplied to HACN and all services provided by HACN on or after 13th November 2019 will be on the same basis .
- Please Update your records accordingly - Please submit your invoices or statements for payment in usual manner and address them to Refugee and Migrant Communities Network

Election of New President and Committee

- Norma Serrano has been elected as the new president of the RMCN for a year term.
- Elleni Bereded-Samuel (AO) has been elected as the Vice – president
- The Full committee is as Follows :

Norma Serrano (President)

Elleni Bereded-Samuel (Vice - President)

Deng Malith (Returning Officer) Treasurer

Marcel Saunders (Secretary)

Moses Wyn (Committee Member)

Terefe Aborete (Committee Member)

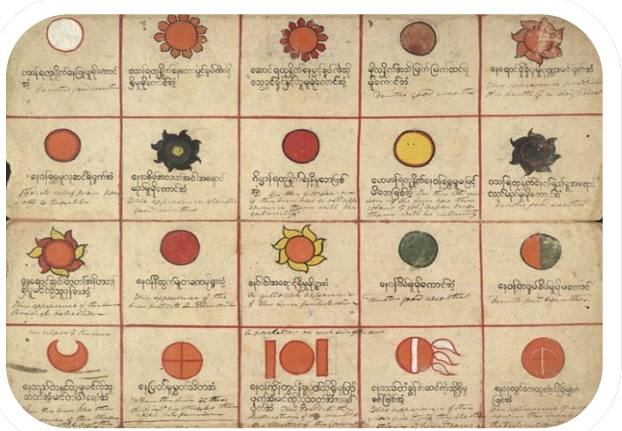
COMMUNITY PROFILE: KAREN COMMUNITY



The Karen constitute the third largest ethnic population in Myanmar. The Karen people live mostly in the hills bordering the eastern mountainous region and Irrawaddy delta of Myanmar, primarily in Kayin State (formerly Karen State), with some in Kayah State, southern Shan State, Ayeyarwady Region, Tanintharyi Region, Bago Division and in northern and western Thailand.

Festivals and Celebrations

Karen New Year one of the major festival that the Karen people celebrate. The date of Karen New Year day varies because the Karen people use the lunar calendar. The new year day usually fall on - January. Karen Wrist Tying is an important Karen holiday. This holiday observed in the month of August.



Language

The Karen languages are almost unique among the Tibeto-Burman languages in having a subject-verb-object word order; other than Karen and Bai, Tibeto-Burman languages typically feature a subject-object-verb order. This anomaly is likely due to the influence of neighboring Mon and Tai languages.

Religion

The majority of Karens are Theravada Buddhists who also practice animism, while approximately 15 percent are Christian. Lowland Pwo-speaking Karens tend to be more orthodox Buddhists, whereas highland Sgaw-speaking Karens tend to be heterodox Buddhists who profess strong animist beliefs.



Karen Community in Australia

The Karen community arrived in Australia as refugees after decades of persecution in Burma, forcing many to flee to refugee camps situated on the Thai border. As a result of their refugee experience, Karen people experience many challenges when settling in Australia; however, there are a number of opportunities for Australian services to support and enhance the settlement experiences, building on strengths of the Karen community.

Events on around Wyndham . . .

Wyndham City's Response to Corona Virus :

This information will be reviewed daily, as Wyndham City responds to the latest advice from health authorities.

As part of Council's ongoing efforts to reduce the spread and impact of COVID-19, all Wyndham City Community Centres, Libraries and the Civic Centre are closed to the public.

Customer Service via phone and webchat is available:

- Monday - Friday (8am to 7pm)
- Saturday and Sunday (9am to 4pm)

Phone: (03) 9742 0777

Start a web chat (red chat with us option): <https://www.wyndham.vic.gov.au/>

Email: mail@wyndham.vic.gov.au

Facebook: regular updates about Council's response to COVID-19: www.facebook.com/wyndhamcityliving

Wyndham Together website: Visit our new Wyndham Together website showcasing online activities, workshops and more.

Wyndham News: Wyndham News - Special COVID - 19 Update Edition

Australia Government: COVID 19 Information and App

Translated Coronavirus (COVID-19) information now available: [Translated COVID 19 information](#)



We want to feature more stories and information about multiculturalism and our community!

Whether you are from an agency, service or group, or you are just an individual within the community with an inspirational story to share, we would love to be able to provide the opportunity to help you share your knowledge, experiences and services!

Please contact us, if you have stories or content you'd like to share, on 03 8742 7738 or at admin@hacn.org.au.

How to deal with Stress at Home . . .

These are confusing, stressful times for all of us. As the coronavirus pandemic affects numerous facets of our society, it also impacts each person in different ways.

If you are stressed you may Feel :

- Worried or scared
- Get angry
- Cry or feel alone
- Have trouble sleeping

To feel better you can :

Stay in touch with Family and friends

- Talk about how you feel
- Do something you enjoy
- Do some Exercise at home
- Laugh and smile
- Eat healthy food
- Breathe and meditate
- If you feel very sad call someone for help or talk to your doctor



MERU LOANS

**FINANCE IF YOU
NAME IT, WE DO
IT!**

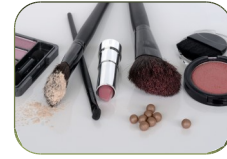


GIRISH VIJAYASARATHY

DIPLOMA IN FINANCE & MORTGAGE

Email: meruloans@optusnet.com.au

Le Champs Ely-



Hair and Beauty

Jennie James

Qualified hair dresser and make up artist

Email : Lechampelysess.business.site

Mobile : 0470631439

5 BARNES PLACE, WERRIBEE, VICTORIA 3030

Women's support Group



SOMALIA GROUP

Activities include sewing , Cooking, English classes

JOIN Today !

Email: admin@hacn.org.au

3/9 Mott Court , Hoppers crossing 3029

03 87427738

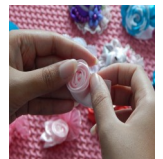
Flower & Craft Making Classes

Are you passionate for creating beautiful things for daily use . Use your ideas and learn something new like Flower making , designing etc

Enroll Yourself today !

Email: admin@hacn.org.au

Phone : 3 03 87427738



ELDERLY SUPPORT GROUP

Multicultural Group !

Recreational Activities performed are Gardening , games , cooking, computer classes and much more.

Want to join ? Contact Us ...



Email: admin@hacn.org.au

0387427738



**PACIFIC ASIAN SUPERMAR-
KET
GROCERY SHOP**

T131/250 HEATHS ROAD

**HOPPERS CROSSING
VIC 3029**



Diverse care for diverse communities

SERVICES

- Domestic Support
- Home and Garden Maintenance
- Personal Care
- Transportation
- Carers Respite(help for carers)

LOCATIONS: 12 Hibiscus Crescent Point Cook, VIC 303

(03) 9395 4657

E-mail: admin@greatcare.net.au

Website: www.greatcare.net.au



HELP US HELP OTHERS!

RM CN is looking for volunteers to help us in 2020.

To join us in providing valuable Community Outreach programs such as our CALD Seniors Social Group, Women's Cooking & Sewing Groups, Interpreters or any of the other support services we offer to the refugee & migrant communities of Melbourne, please contact RM CN on (03)87427738 TODAY!



ABOUT RM CN

The Refugees & Migrants

Communities network is a not-for-profit community organisation.

Our mission is to provide practical and moral support to refugee and migrant communities, of all nationalities, that now call Australia home.

Covering all areas of Melbourne, we offer a number of services to community members including advocacy, referrals to social support services, community based programs and general advice and information.

If you or someone you know is in need of help, please consider contacting us either in person, via phone or email.

**Contact Us ; 3/9 Motto Court, HOPPERS CROSSING Ph: (03) 87427738 or 0490080933
Email: admin@hacn.org.au / Website: www.hacn.org.au**

RM CN would like to acknowledge the support provided by staff, volunteers and participants in the preparation and distribution of this Newsletter.